



Rising Sun Institute for Special Children

Self Care



Hand Wash



- These instructions should be followed with the help of verbal or physical prompts.
- Turn the water on and check the temperature.
- Wipe hands first.
- Hold the soap in one hand and rub the soap on the palm of the other hand.
- Leave the soap and rub the palms of the hands together.



- Rub the right palm on the back of the left hand and left on the right palm.
- Place your hands under the flow of water and wash the palms to the bottom.
- Turn off the water and dry hands with towel.
- Help the child whenever required.
- Repeat the procedure in which the child has difficulty to perform.

Wash face



- Follow these instructions with the help of physical and verbal prompts.
- Turn the water on and check the temperature.
- Wash face with water first.
- Hold the soap in one hand and rub the soap on the palm of the other hand.
- Leave the soap.
- Rub the soap on the face with both hands with the help physical prompt



- Wash the face well with water.
- Turn off the water and wipe the face with a towel
- Help the child needed whenever required.
- Repeat the sequence in which the child has difficulty performing the procedure

Eating manners



- Say Bismillah (in the name of Allah) before starting
- Use your right hand to eat or drink
- Don't waste food
- Say Alhamdulillah (Praised to be Allah) after finished eating
- Be seated while eating or drinking

Food Pyramid



pulls pant up

- Give the child with loose elastic waistband pants.
- Place trouser around baby's knees and give the command:
- Pull your pants up



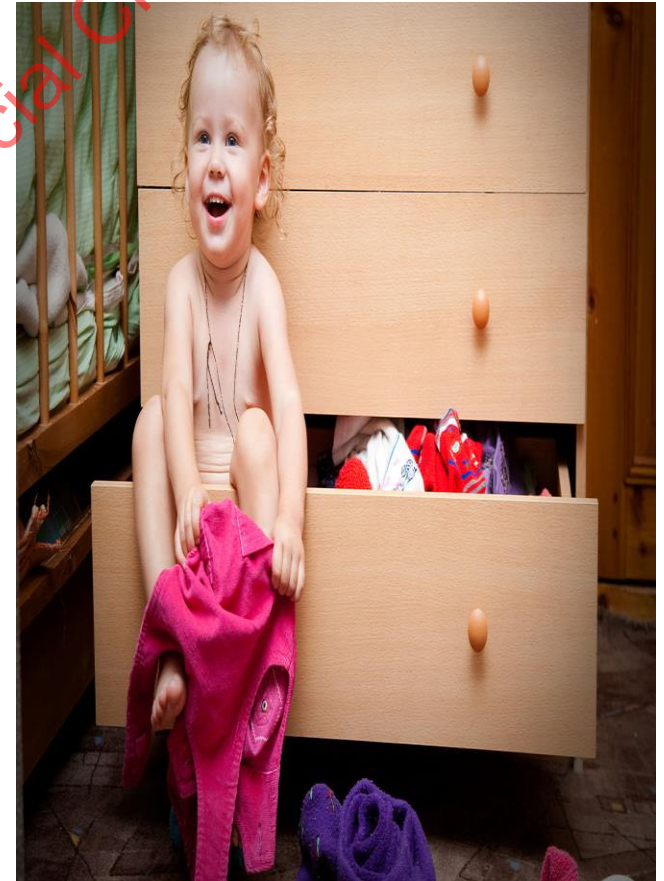
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- If the child repeatedly fails to respond to the instruction, hold the child's hand and pull the trouser to work.
- Help to get things done.
- Provide a reward.
- As the child learns to keep the pants on the ankle surface then move on to the next task.



Puts pant off

- Grab the child with loose elastic waistband pants.
- And give the command:
- Pull your pants down.
- If the child repeatedly fails to respond to the instruction, repeat the instructions.



- Hold the child's hand and pull the pants down with physical prompt.
- Praise your child with verbal praise, good gestures, and clapping at the completion of the exercise.
- The child will associate praise with the task performed
- As the child learns, then move on to the next task



Put off a shirt

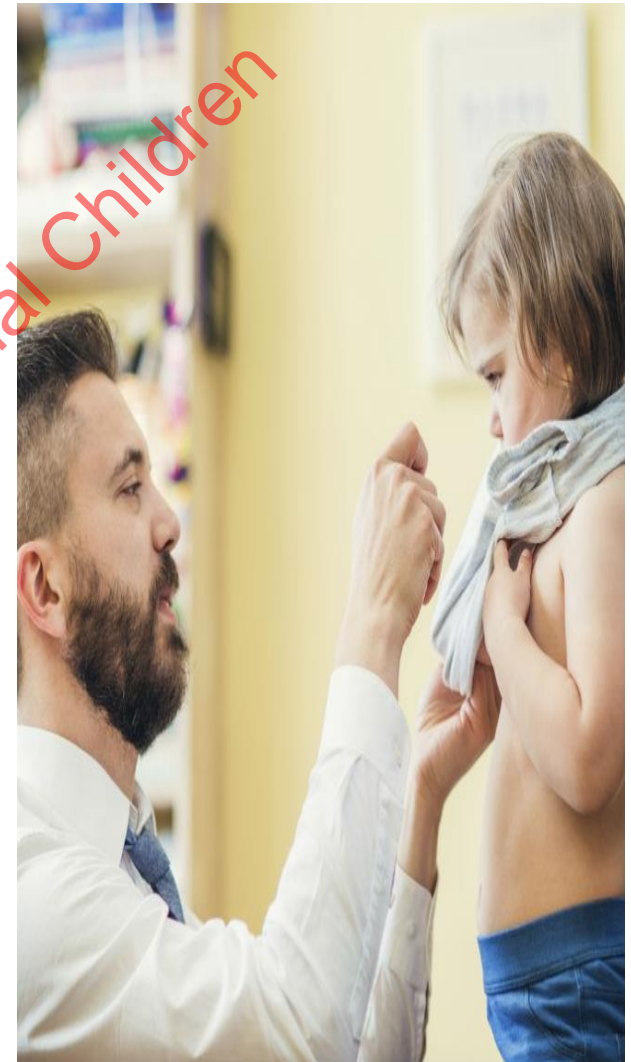
- Grab a big size T-shirt to child.
- Wear only the sleeve of a shirt.
- And give the command:
- Get off the t-shirt.
- In the meantime the child is learning to grab the shirt from the bottom and pull it up using the other arm.



- As soon as the child learns the exercise fully, appreciate it and then repeat the exercise with both hands.
- As the child learns, then move on to the next task.
- Have the child wear a large size T-shirt and say to take it off.
- Appreciate when you complete the exercise.
- Complete the exercises with your hands on the completion of the exercise and then praise again



- Wear a large size t-shirt with sleeves and ask the child to pull the shirt over his head and give the command:
- Wear a shirt.
- Help the child to start wearing a shirt over his head by holding the child's hand and holding it over his neck.
- Appreciate when you complete the exercise.
- As the child learns, then move on to the next task



- Wear large size t-shirts with sleeves and ask the baby to pull the shirt over his head and give the command:
- Place the sleeve on the baby's ankle level and ask the child to wear a shirt.
- Help the child as needed.
- As the child learns, then move on to the next task with praise.



Wearing a T-shirt

- The child is wearing the left sleeve of the shirt through the left sleeve and the right arm with the right sleeve.
- Then pull the shirt down with the child's tail.
- Help your child when needed
- Repeat the process in which the child has difficulty performing the procedure



Put socks off

- Wear a one-size socks that are much larger than the baby's feet.
- Then give command:
- Putt socks off.
- At the same time, help the baby by holding the baby's hand and holding the sock from the top, and then pull the socks down from the foot .
- As the child learns, then move on to the next task with praise



Wear socks

- Give one same size socks which is larger then child feet.
- Have the child hold the top of a sock with both hands and give the command:
- Wear socks.
- At the same time, help the child by holding the child's hand and holding the sock upwards, then pulling the socks up from the foot.
- As the child learns, then move on to the next task with praise



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Toilet training

- Take your child to the toilet for 5 minutes every hour
- See if the child urinates or not.
- Avoid child when he/she urinating in pent.
- Then create a chart in which find the signal that the child gives when he want for the urination process



- Appreciate the child when given a signal
- When the child gives the signal, take it to the toilet for use and monitor and return with the child.
- Sit with your child until he or she learns to sit on the toilet chair by itself and keep directing.

